DOCUMENT RESUME

ED 277 183 EC 191 388

TITLE	Understanding Pregnancy: Unit 7. Parent Education Workbook for Mainstreamed Students. Part II: Child Care. Contemporary Parenting Choices. Module 4.
INSTITUTION	Iowa State Univ. of Science and Technology, Ames. Dept. of Home Economics Education.
REPORT NO	ISBN-0-8138-2506-7
PUB DATE	85
NOTE	48p.; For the other guides in this series, see EC 191 378-393.
AVAILABLE FROM	Iowa State University Press, 2121 South State Ave., Ames, IA 50010 ($3.00).
PUB TYPE	Guides - Classroom Use - Materials (For Learner) (051)
EDRS PRICE	MF01 Plus Postage. PC Not Available from EDRS.
DESCRIPTORS	*Birth; *Decision Making; High Schools; *Learning Disabilities; Mainstreaming; *Mild Disabilities; *Mild Mental Retardation; Physiology; *Pregnancy; Sex Education; Workbooks

ABSTRACT

The 2-part student workbook for mainstreamed learning and mentally disabled high school students contains 12 units intended to provide supplementary instruction in the Contemporary Parenting Choices Curriculum in the home economics class. This unit, the first in the Child Care part of the workbook, focuses on understanding pregnancy and includes individual lessons on what pregnancy is, possible choices of a teenager when an unplanned pregnancy occurs, how a baby develops in a woman's body, how the pregnant woman and fetus can stay healthy, how to prepare for a new baby, and how a baby is born. Each lesson typically provides lesson objectives, definitions of key vocabulary terms, workbook activities, a brief discussion of the topic, and a review activity. The material is intended to be used with the special Teachers Guide and the other components of the Contemporary Parenting Choices Curriculum. (DB)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

ED277183

U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

☐ This document has been reproduced as received from the person or organization originating it.

☐ Minor changes have been made to improve reproduction quality.

• Points of view or opinions stated in this document do not necessarily represent official OERI position or policy.

Parent Education Workbook for Mainstreamed Students

PART II / CHILD CARE

"PERMISSION TO REPRODUCE THIS MATERIAL IN MICROFICHE ONLY HAS BEEN GRANTED BY

Hugh M. Schultz

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

contemporary parenting choices lessons

UNIT 7

understanding pregnancy

EC 19 388

CONTENTS

A-1	What Is Pregnancy?	7-1
A-2	What Are a Teenager's Choices When an Unplanned Pregnancy Occurs?	7-6
A-3	How Does a Baby Develop in a Woman's Body?	7-15
A-4	How Can the Pregnant Woman and Fetus Stay Healthy?	7-25
A-5	How Do You Prepare for a New Baby?	7-32
A-6	How Is a Baby Born?	7-39

© 1985 The Iowa State University Press
All rights reserved

Printed by The Iowa State University Press, Ames, Iowa, from camera-ready copy provided by the Department of Home Economics Education, Iowa State University, under the supervision of Project Director Jerelyn Schultz.

No part of this book may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without permission from the publisher, except for brief passages quoted in a review.

International Standard Book Number 0-8138-2506-7

Lesson 1

WHAT IS PREGNANCY?

This lesson will help you to:

1. Define conception.
2. List the common signs of pregnancy.

DO YOU KNOW THESE WORDS?

---

conception - when a sperm joins an egg in a woman's body to start a pregnancy

egg - the female cell that makes babies

fertilization - when a sperm joins an egg in a woman's body to start a pregnancy

intercourse - when the male penis is put into the female vagina

menstrual period - bloody matter from the uterus that leaves a woman's body each month

penis - male sex organ used for intercourse

pregnancy - the nine months that a baby grows inside a woman

sperm - the male cell that makes babies

urinate - ridding the body of urine (the liquid waste)

vagina - the opening in a female's body that leads to the sex organs inside her body

---

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

conception _____

_____

egg _____

_____

fertilization _____

_____

intercourse _____

_____

menstrual period _____

_____

penis _____

_____

pregnancy _____

_____

sperm _____

_____

urinate _____

_____

vagina _____

_____

****

WHAT IS CONCEPTION?

A pregnancy can occur when a man and woman have sex. This is called intercourse. When intercourse takes place and sperm is left in the female's vagina, conception can occur. Another word for conception is fertilization. Conception is the beginning of a baby growing in a woman's body. A woman cannot feel conception take place.

An egg must be in the right place of the woman's body for the sperm to join the egg. This can happen only a few days during the month. There is no easy and sure way to tell when a female could become pregnant. Also, there is no special signal when a female becomes pregnant.

A pregnancy can begin on any day between a woman's menstrual periods. Intercourse can cause pregnancy at any time.

****

ACTIVITY

Using words from this lesson:

Choose the word that completes the sentence correctly.

conception	intercourse
sperm	eggs

1. The cells a woman produces which are used to make babies are called _____.

2. When the egg and sperm join, it is called _____.

3. The cells a man produces which are used to make babies are called _____.

4. A pregnancy can occur when a couple have _____.

****

HOW CAN A WOMAN TELL SHE IS PREGNANT?

A woman may think she is pregnant if she has had intercourse since her last period and has these signs:

---

*she missed her menstrual period
*she urinates more than usual
*she notices her breasts are getting larger or feel tender
*she feels sick to her stomach

A woman may have these signs if she worries about missing a menstrual period. She may have the signs and still not be pregnant. A woman who thinks she is pregnant can be sure by having a pregnancy test. She can have the test done at a clinic or doctor's office.

Many women are excited to think they might be pregnant. Some women don't want to be pregnant. They don't want to face reality. It is better for a woman to know. The first three months of a pregnancy are very important. A pregnant woman needs to go to the doctor. The doctor will explain how the woman should take care of herself. This will help her stay healthy and have a healthy baby.

****

ACTIVITY

Ellen wants to have a baby. She has had intercourse since her last menstrual period. What signs should she look for? Check the correct signs.

_____ She breaks her arm.

_____ She feels sick to her stomach.

_____ She notices her breasts are getting larger.

_____ She stubs her toe.

_____ She missed her menstrual period.

_____ She urinates more than usual.

If Ellen thinks she is pregnant how can she be sure? _____

****

KEY IDEAS

CONCEPTION IS THE START OF A BABY IN A WOMAN'S BODY.

THERE ARE MANY SIGNS THAT CAN TELL A WOMAN SHE MAY BE PREGNANT.

A WOMAN NEEDS TO FIND OUT FOR SURE IF SHE IS PREGNANT BY HAVING A PREGNANCY TEST DONE.

A PREGNANT WOMAN NEEDS A DOCTOR'S CARE.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. The start of a baby in a woman's body is called ovulation.
T F 2. A woman may think she is pregnant if she bleeds from a cut.
T F 3. A woman can find out if she is pregnant by having the doctor do a test.
T F 4. The best way a pregnant woman can help keep herself and her unborn baby healthy is by waiting to see a doctor until labor pains begin.
T F 5. The start of a baby in a woman's body is called conception.
T F 6. A woman may think she is pregnant if she misses her menstrual period.
T F 7. A woman can find out if she is pregnant by talking to her friends.
T F 8. The best way a pregnant women can help keep herself and her unborn baby healthy is by going to a doctor at least once a month.

****

Lesson 2

WHAT ARE A TEENAGER'S CHOICES WHEN AN UNPLANNED PREGNANCY OCCURS?

This lesson will help you to:

1. Identify choices available when an unplanned pregnancy occurs to a teenager.

DO YOU KNOW THESE WORDS?

---

abortion - an operation done to end a pregnancy before the baby can live on its own

adoption - legally raise someone else's child as your own

resources - things like money, time and energy

single parent - a parent who raises a child alone

unplanned - not expected

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

abortion _____

_____

adoption _____

_____

resources _____

_____

single parent _____

_____

unplanned _____

_____

****

WHAT ARE THE CHOICES?

Many lives are affected when an unplanned pregnancy happens to an unmarried teenage couple. The teenagers' lives are affected most. The teenage couple has many choices to face. The choices they make will affect their own lives and the life of the unborn baby.

The teenage man has two main choices. He can stay with the woman and give her his support. He can take responsibility for the baby. Or he may deny that he is the father of the baby. He may leave and deny any responsibility.

The teenage woman cannot leave. She is the one who is pregnant and will have the baby. Read about Betsy.

Betsy went to a doctor yesterday. She found out that she is pregnant. Betsy is a sophomore in high school. She is not married. Betsy needs to make a decision about what to do. Here are Betsy's choices.

---

*Get married and keep the baby.
*Stay single and keep the baby.
*Have an abortion.
*Give up the baby for adoption.

Let's look at the choices.

Get Married and Keep the Baby

If the man and woman decide to get married, they can raise their child together. Some good reasons for getting married when an unplanned pregnancy occurs are:

---

*The couple may have been planning to get married someday anyway.
*The baby will have a father in the home.
*There will be two parents to care for the child.

Some reasons not to marry are:

---

*Young people have less chance of having a good marriage.
*Marriage and parenthood are hard to handle all at once.
*Marriage can stop a young person from doing a lot of things.

Some teenage marriages that occur because of an unplanned pregnancy are very good. Other teenage marriages end in divorce. Many young people don't realize the demands of marriage and parenthood.

****

ACTIVITY

Read about Jill and David.

Jill is a junior in high school. David is a senior. They have gone together for two years. Jill found out she is pregnant. They love each other and want to get married. Their parents think they are too young to get married. David could still graduate with his class. Jill will have to drop out to have the baby.

David works in a gas station. Jill has a part-time job in a drugstore. They would have barely enough money to live on. They think they would be happy.

Do you think Jill and David should get married? Why?

_____

_____

_____

Do you think their marriage would last? Write down what you think here.

_____

_____

_____

****

Stay Single and Keep the Baby

Sometimes a couple does not marry but either the mother or father decides to keep the baby. One of them may feel a need to love and raise the child.

Then he/she is called a single parent. The other may help support the child or help pay the hospital bills.

It is very difficult for a young person to raise a child alone. A single parent sometimes receives help from his/her parents or other relatives.

If the young parent does receive help from parents or relatives, he/she must talk it over with them first. It is not fair to expect parents to help out. They may be happy to raise their grandchild or they may have other responsibilities. It is important to find out.

Sometimes a single parent receives money from the state. The amount of money isn't very much. But it may seem like a lot of money to a young person. It isn't enough to pay all the bills.

The life of a single parent isn't easy. These are some of the problems faced by young single parents. They may need to quit school to raise their baby. Without an education, it is hard to get a job.

There is a lot of difference between a single parent with no job skills and a single parent with job skills. Single parenting can be a good solution. But remember, a single parent has to support himself or herself and the child. Single parenthood can be very good for someone who has the resources of time, money, energy and health.

****

ACTIVITY

Read about Rita.

Rita worked in a daycare center. She loved children. Rita was happy when she found out she was pregnant. She didn't want to marry the father. Rita had a job. She decided to keep her baby. She could take her baby to work with her at the daycare center. Most mothers cannot do this.

What kind of resources does Rita have?

_____

_____

****

Adoption

Some pregnant, unmarried young women choose not to get married. They choose not to have an abortion. They may not want to or be able to raise their child by themselves. A choice for them may be to put their babies up for adoption.

It is not easy to give up your baby. There are many couples who want children but can't have children of their own. These couples will love the baby and give it a good home. They will raise the child as their own. The couples who adopt children are carefully checked by an adoption agency.

When a young woman puts her baby up for adoption, she must sign a legal paper giving up her rights to the child. Sometimes the father of the baby also must sign this paper. This means they can't get the baby back later on.

Sometimes a woman who thought she wanted to keep her baby changes her mind. During pregnancy a woman may believe she can manage on her own. She may dream about the sweet baby who will love her all the time. When the

baby is born she finds out the demands of motherhood are too much for her. Babies are a lot of work. Babies have to be fed and changed. They can never be left alone. It costs a lot of money to raise a child to age 18. It costs about the same as buying a house.

Abortion

An abortion is an operation done to end a pregnancy. The operation is done before a baby can live on its own. The doctor removes the fetus from the woman's body. More and more pregnant teenagers are turning to abortion when an unplanned pregnancy occurs.

During the first three months of pregnancy a doctor can perform an abortion in 10 or 15 minutes. Abortions should be done in hospitals or doctors' offices.

If a girl decides to have an abortion, it should be done early in the pregnancy. That is one reason why she should find out if she is pregnant right away. This will give her time to decide what to do.

Today abortions are legal. A pregnant women may have a hard time deciding if she wants to have an abortion. Some people believe that abortions are all right. They believe that a woman should be able to decide if she wants to have an abortion. Other people believe that abortion is not right. A woman must make her own decision. She needs to know how she feels. It is important that a woman feels comfortable with her decision. It is a decision she may want to talk over with the father of the child. He may help pay for the abortion.

****

ACTIVITY

Dottie is a sophomore in high school. She just found out she is pregnant.

How does Dottie's story end? Write your answer here. Tell why you ended the story this way.

_____

_____

_____

_____

_____

****

KEY IDEAS

THESE ARE THE CHOICES WHEN AN UNPLANNED PREGNANCY OCCURS TO AN UNMARRIED TEENAGER:

GET MARRIED AND KEEP THE BABY
STAY SINGLE AND KEEP THE BABY
HAVE AN ABORTION
GIVE UP THE BABY FOR ADOPTION

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. A good reason for a teenage couple to get married when they find out the woman is pregnant is that there will be two parents to care for the child.

T F 2. A man or woman who decides to raise a child alone is called a stepparent.

T F 3. An abortion is a planned operation done to help a pregnancy.

T F 4. When a woman gives up her baby for adoption, she will give up her legal rights to the child.

T F 5. A good reason for a teenage couple to get married when they find out the woman is pregnant is that young people have less chance of having a good marriage.

T F 6. A man or woman who decides to raise a child alone is called a single parent.

T F 7. An abortion is a planned operation done to end a pregnancy.

T F 8. When a woman gives up her baby for adoption, she will be able to get her child back.

****

Lesson 3

HOW DOES A BABY DEVELOP IN A WOMAN'S BODY?

This lesson will help you to:

1. Describe changes that occur in the unborn baby during pregnancy.
2. Describe changes that occur in the woman during pregnancy.

DO YOU KNOW THESE WORDS?

---

abdomen - area of the body between the chest and the hips
embryo - an unborn baby during the first two months
fetus - an unborn baby from the third month to birth
incubator - a place that keeps a premature baby warm and safe
miscarriage - when a woman's body forces out an unborn baby before it can live on its own
organs - body parts such as heart, lungs, stomach and others
premature - a baby born before it weighs 5½ pounds
urinate - ridding the body of urine (the liquid waste)
uterus - place in a woman's body where the unborn baby grows

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

abdomen _____

_____

embryo _____

_____

fetus _____

_____

incubator _____

_____

miscarriage _____

_____

organs _____

_____

premature _____

_____

urinate _____

_____

uterus _____

_____

****

WHAT HAPPENS DURING PREGNANCY?

It usually takes 9 months for the baby to grow large enough to be born. The baby grows inside the woman's body in the uterus. The woman's body provides the unborn baby with everything it needs to grow. The unborn baby gets food and oxygen from the woman's body.

The 9 months of a pregnancy are divided into groups of 3 months. The woman and unborn baby go through many changes during pregnancy.

WHAT HAPPENS DURING MONTHS 1, 2 AND 3?

The Baby

Month 1 During the first month, the unborn baby is called an embryo. By the end of the first month, the embryo is only ¼ of an inch long. This line __ is ¼ inch long. The embryo isn't very big, but its heart is starting to pump blood. Arms and legs are starting to grow.

Month 2 Body organs are growing and bones are forming. The embryo floats in a bag of water inside the mother's uterus. This bag of water keeps it warm and protects it. The embryo is about 1 inch long. This line _____ is 1 inch long.

Month 3 At three months, the embryo is called a fetus. It is called a fetus from now until it is born. It is growing and changing fast. The fetus' face is forming a nose and mouth. Tiny fingers are beginning to grow. The fetus' sex organs are forming. Look at your thumb. The fetus is a little bigger than your thumb. It is about the size of a man's thumb at the end of 3 months.

The Pregnant Woman

During the first, second and third months, the woman's body doesn't look much different. The baby is only the size of a man's thumb at the end of the third month. This isn't big enough to cause a woman's abdomen to look bigger.

There are some changes the woman might see or feel. Most women will not have their menstrual period. A woman's breasts may become larger and fuller. She may be more tired than usual. She may feel sick in the mornings or at other times. This is called morning sickness. It usually goes away after the third month.

A miscarriage can occur at any time during a pregnancy. This can happen when a fetus does not develop right. It could also happen if the fetus is hurt. A fetus could be hurt if the woman has a bad fall or other accident. Then the woman's body may stop the pregnancy. The fetus leaves the woman's body through the vagina. The woman should call the doctor. She may need a doctor's care. Miscarriages are fairly common. Most women can still have babies after they miscarry.

****

ACTIVITY

Match the size of the embryo with the correct month.

_____ 1. Month 1	A. size of a man's thumb
_____ 2. Month 2	B. 1 inch long
_____ 3. Month 3	C. ¼ inch long

Place T in front of each true statement. Place F in front of each false statement.

_____ 1. The woman doesn't look much different during the first three months.

_____ 2. The woman's breasts may become larger during the first three months.

_____ 3. The woman may feel sick.

****

WHAT HAPPENS DURING MONTHS 4, 5 AND 6?

The Fetus

Month 4 Most of the fetus' bones and organs are formed. A few hairs are growing on the fetus' head. It is now about 6½ inches long. This line is 6½ inches.

1 2 3 4 5 6 ½

Month 5 The doctor can hear the fetus' heartbeat. The fetus begins to move its arms and legs. The woman can feel these movements. She may even feel the fetus hiccup!

Month 6 During the sixth month, all of the fetus' body parts are developed. These include arms, legs, nose, eyes, fingers and toenails. The fetus looks like a tiny human being. The fetus can open and close its eyes, suck its thumb, kick its feet and move its arms. It sleeps, wakes up and yawns. The fetus is about 15 inches long. This is a little bit longer than a foot ruler. The fetus is not yet able to live on its own.

The Pregnant Woman

During the fourth, fifth and sixth months the woman can see changes in her body. Her abdomen is getting bigger. The uterus inside the woman's body is stretching as the fetus grows. This causes the woman's abdomen to stick out. As the fetus grows larger, the abdomen sticks out farther and farther. The woman's clothes may feel tight. She is ready to wear loose fitting clothes or maternity clothes. By the end of the fifth month, the woman will begin to feel the fetus as it moves or kicks inside the uterus. The first movements feel like tiny flutters. The woman may not know what she is feeling. It is exciting when she realizes it is the fetus moving.

****

ACTIVITY

List 2 facts about the fetus during months 4, 5 and 6 and about the pregnant woman during those months.

Fetus Month 4 _____

_____

Month 5 _____

_____

Month 6 _____

_____

Pregnant woman _____

_____

****

WHAT HAPPENS DURING MONTHS 7, 8 AND 9?

The Fetus

Month 7 The fetus weighs about 3 pounds. It is about the size of a football. The fetus' body organs begin to get ready for life outside the uterus. The fetus might live if it were born now. It would be very tiny and have to live in an incubator. The baby would need to stay in the hospital until it gained weight. A baby is called premature if it weighs less than 5½ pounds when it is born.

Months 8 and 9 — The fetus continues to grow and gain weight. The average baby weighs about seven pounds at birth. The fetus usually turns in the uterus. Its head is pointed down toward the woman's feet. The fetus continues to move its arms and legs. How does the fetus know when to be born? No one knows. Somehow the woman's body and the fetus know. When the time is right, the baby is born. Most babies are born about 9 months after conception occurs.

The Pregnant Woman

The woman may have some pain and be uncomfortable during months 7, 8 and 9. The uterus is getting so large that it presses on other body organs. Because the uterus presses on the lungs, the woman may feel out of breath. When it presses on the stomach, she may have an upset stomach. As it presses on the bladder, the woman may have to urinate more often. The woman may walk funny because of the extra weight in her abdomen. This extra weight also may make her back hurt. When she looks down, she won't be able to see her feet.

The woman is ready for the baby to be born. She wants to hold and see her new baby. Sometimes it seems like 9 months will never end.

****

ACTIVITY

Match the number of the correct month with the changes that occur in the pregnant woman and unborn baby. Write the number of the month in the blank.

Month 1 Month 6 Month 9

Changes in unborn baby

1. The unborn baby is called an embryo in month _____.
2. The fetus is ready to be born in month _____.
3. All the fetus' body parts are formed but it cannot yet live on its own in month _____.

Changes in pregnant woman

1. The woman may be out of breath and walk funny in month _____.
2. The woman may begin to feel the fetus move in month _____.
3. The woman may have morning sickness in month _____.

****

KEY IDEAS

DURING THE FIRST 3 MONTHS, THE BABY GROWS TO BE THE SIZE OF A MAN'S THUMB.

DURING MONTHS 4, 5 AND 6, THE BABY DEVELOPS COMPLETELY.

DURING THE LAST 3 MONTHS, THE BABY GAINS WEIGHT AND BECOMES READY TO BE BORN.

DURING THE FIRST 3 MONTHS, THE PREGNANT WOMAN'S BODY DOESN'T LOOK MUCH DIFFERENT.

DURING MONTHS 4, 5 AND 6, THE PREGNANT WOMAN MAY START TO WEAR MATERNITY CLOTHES.

DURING THE LAST 3 MONTHS, THE PREGNANT WOMAN MAY BE UNCOMFORTABLE.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. During the first 3 months of pregnancy, the pregnant women will be getting much larger.

T F 2. The fruit that best describes the size of a fetus at 3 months is a raisin.

T F 3. A pregnant women probably will start to wear maternity clothes during months 4 to 6.

T F 4. After the sixth month, the fetus is completely developed.

T F 5. A pregnant woman may feel out of breath, have to urinate more often and have trouble walking during months 7 to 9.

T F 6. During the last 3 months, most fetuses stop moving their arms and legs.

T F 7. During the first 3 months of pregnancy, the pregnant woman will look about the same.

T F 8. The fruit that best describes the size of a fetus at 3 months is a plum.

T F 9. A pregnant woman probably will start to wear maternity clothes during months 1 to 3.

T F 10. After the sixth month, the fetus is ready to be born.

T F 11. A pregnant woman may feel out of breath, have to urinate more often and have trouble walking during months 4 to 6.

T F 12. During the last 3 months, most fetuses gain weight and continue to grow.

****

Lesson 4

HOW CAN THE PREGNANT WOMAN AND FETUS STAY HEALTHY?

This lesson will help you to:

1. Identify ways of keeping the pregnant woman and fetus healthy.

DO YOU KNOW THESE WORDS?

---

blood pressure - a way to show how hard the heart is working
caffeine - a drug found in chocolate, many kinds of pop, coffee and tea
nicotine - a drug found in tobacco
nutrients - the parts of food that the body uses
physical examination - a doctor checks a person's body

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

blood pressure _____

_____

caffeine _____

_____

nicotine _____

_____

nutrients _____

_____

physical examination _____

_____

****

HOW CAN A PREGNANT WOMAN STAY HEALTHY?

When a woman finds out she is pregnant, she has three important things to do:

---

*See a doctor or go to a clinic. They will see how she and the fetus are doing.

*Check her food habits. Both the woman and the fetus need lots of good healthful food.

*Stop taking all medicines and drugs except those the doctor tells her to take. Ask the doctor about all medicines she is taking. This includes aspirin, cold tablets and diet pills.

WHAT WILL THE DOCTOR DO?

A doctor or clinic wants to help a woman stay healthy and have a healthy baby. This is done by checking her urine, weight gain and blood. The doctor can tell if any problems are developing. They get a blood sample from the arm or finger. A pregnant woman will see a doctor once a month during the first part of her pregnancy. She will see a doctor more often at the end of her pregnancy.

A woman will be asked about her health. A physical examination will be done. The doctor will check her breasts, chest, abdomen and vagina.

To stay healthy, a pregnant woman needs enough sleep. She also needs good dental care. A woman should tell the dentist that she is pregnant. Some exercise is important. Walking is good exercise. A woman should also keep her body and teeth clean.

DO YOU KNOW THESE DANGER SIGNALS?

A woman should call the doctor or clinic right away if any of these things happen:

---

*spotting (a flow of blood or water from the vagina)
*any unusual signs of pain or swelling
*any unusual feeling of sickness or dizziness

These signs can mean that something is wrong with the woman or the fetus. The doctor or clinic should know right away if a pregnant woman has these signs.

****

ACTIVITY

Read about Mary Jo.

Mary Jo is pregnant. She wants to stay healthy so she will have a healthy baby. What signs can tell Mary Jo that something may be wrong with her pregnancy? Check the danger signals.

_____ unusual sickness or dizziness

_____ spotting

_____ unusual pain or swelling

_____ nosebleed

What should Mary Jo do if she has any of these signs? _____

****

WHAT SHOULD A PREGNANT WOMAN EAT?

The developing fetus depends on the woman. Eating the right foods before and during pregnancy will help the fetus and the pregnant woman.

What the woman eats supplies her body and the fetus with nutrients. These nutrients come from choosing a variety of foods.

Everyday a pregnant woman should have:

---

*4 servings of the milk group
*2-3 servings of the meat group
*4 servings of the fruit and vegetable group
*4 servings of the bread and cereal group

Foods in the milk group include cheese, ice cream and all kinds of milk. The meat group has all kinds of meats as well as eggs and peanut butter. All fruits and vegetables and juices are in the fruit and vegetable group. The bread and cereal group has breads, rolls and buns in it. It also includes cereal, rice and macaroni.

Can you plan a day's menu for a pregnant woman? Use the chart above. Be sure to include the right number of servings for each type of food.

Breakfast	Lunch	Dinner	Snacks

WHAT KINDS OF DRUGS SHOULD A PREGNANT WOMAN AVOID?

A pregnant woman should avoid all drugs! Drugs taken during pregnancy can harm the fetus. Nobody knows how much of a drug will harm an unborn baby. Pregnant women can give their babies a gift of health. They should not take a chance by taking drugs.

****

ACTIVITY

Here is a list of drugs or medicine a woman may be taking. Circle the ones she should stop taking if she is pregnant.

aspirin	birth control pills
diet pills	caffeine
cold tablets	alcohol

****

A pregnant woman shouldn't take any drugs or medicine unless she asks her doctor first. Did you know that alcohol and the nicotine in cigarettes and other tobacco products are drugs? Chocolate, coffee, tea and many kinds of pop contain caffeine. Caffeine is also a drug. Remember, drugs taken during pregnancy might harm the baby.

****

ACTIVITY

Read about Barb and Dave.

Barb and Dave enjoyed having a few beers during the weekend. Barb and Dave both smoke. Barb found out she is pregnant.

What do you think Barb should do? Check the things Barb should do.

_____ stop smoking

_____ keep smoking

_____ keep drinking beer

_____ stop drinking beer

_____ drink pop instead of beer

Look at the things you checked. Why did you check the ones you did?

_____

_____

_____

What are some things Dave could do to help Barb?

_____

_____

_____

****

KEY IDEAS

DANGER SIGNALS FOR A PREGNANT WOMAN INCLUDE SPOTTING, UNUSUAL PAIN OR UNUSUAL SICKNESS.

A PREGNANT WOMAN NEEDS TO EAT RIGHT.

A PREGNANT WOMAN SHOULD STOP TAKING ALL MEDICINES AND DRUGS THAT HAVE NOT BEEN APPROVED BY HER DOCTOR.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. If a pregnant woman has spotting, unusual pain or unusual sickness, she should wait and see if it goes away.

T F 2. A meal that would be good for a pregnant woman is a hamburger and bun, green beans and milk.

T F 3. It would be all right for a pregnant woman to have aspirin.

T F 4. If a pregnant woman has spotting, unusual pain or unusual sickness, she should call the doctor or clinic right away.

T F 5. A meal that would be good for a pregnant woman is taco, tortilla chips and pop.

T F 6. It would be all right for a pregnant woman to have cookies.

****

Lesson 5

HOW DO YOU PREPARE FOR A NEW BABY?

This lesson will help you to:

1. List ways of preparing for a new baby.

DO YOU KNOW THESE WORDS?

---

breast feed - to feed a baby from the breasts

bottle feed - to feed a baby from a bottle

formula - special food, bought for a baby, that is similar to human milk

garage sale - a sale where you can buy used clothing and other things

---

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

breast feed _____

_____

bottle feed _____

_____

formula _____

_____

garage sale _____

_____

****

WHAT PLANS NEED TO BE MADE BEFORE THE BABY IS BORN?

Many plans need to be made before the baby is born. It is exciting to plan and prepare for a new baby.

One way to prepare is by going to childbirth classes. A nurse usually teaches the class. The birth process is explained. Exercises are shown that can help a woman give birth to her baby. Some of the feelings new parents often have are discussed.

In many hospitals, a woman can have her husband in the delivery room with her. If a woman isn't married, some hospitals let a woman have a friend or relative with her. The hospital may require that the husband or friend attend the childbirth classes. The decision to have the husband or friend in the delivery room needs to be made early. This decision needs to be made several months before the baby is due. This will give enough time to attend classes.

****

ACTIVITY

Put a check in front of the things childbirth classes may teach.

_____ exercises

_____ the birth process

_____ knitting baby booties

_____ feelings new parents may have

_____ how a husband can help in the delivery room

****

A woman may plan on working outside her home after she has the baby. Parents who adopt a baby may want to keep on working also. Parents will need to think about who will care for their baby. A babysitter or a daycare center may be used to take care of the baby. It is a good idea to plan for child

care early. It may be difficult to find good child care. Plenty of time should be allowed to make this decision. Parents will want someone to give their baby good care while they are at work.

WHAT WILL THE BABY NEED?

A baby needs clothes. A baby is a lot like you. When you are cold and need more clothing, the baby also will need more clothing.

The baby doesn't need new or fancy clothes. Clothing bought at garage sales or from other people is fine. The main thing is that the clothes be soft and clean.

A baby will need undershirts, sleepers, blankets and diapers. A parent can choose between cloth and paper diapers.

HOW DO CLOTH AND PAPER DIAPERS COMPARE?

Cloth diapers cost about $8 a dozen, or $8 for 12 diapers. You will need about 4 dozen, or 48 diapers, if you plan on washing them twice a week. How much will they cost? Do the problem below.

$8
x 4 dozen
dollars

You will also need to buy a diaper pail and rubber pants. Other costs will be the laundry detergent, hot water, and the electricity to run the washer and dryer. Your time is another cost.

Paper diapers are very handy to use. You throw them away after they are dirty. They cost a lot of money. A baby will use about 5 dozen a week. A dozen paper diapers costs about $2.25. How much will they cost each week? Do the problem below.

$2.25
x 5 dozen
dollars

When you take this number times 52 weeks in a year and figure the yearly cost, you will probably be surprised. Do the problem below.

$
x 52 weeks
$ cost per year

Deciding between cloth and paper diapers depends on your time, money and wishes.

The baby will need a bed or a place to sleep. A baby's bed can be a box, basket or crib. It should be comfortable. It should be safe. The bed should not have paint that could hurt the baby if the baby chews on it. The bars on a crib should be close together so the baby's head cannot get caught.

Another decision that will need to be made is how to feed the baby. A newborn can be breast fed or bottle fed.

The decision about how to feed the baby should be made before the baby is born. Talking with the mother's doctor can help make the decision. Talking with mothers who have breast fed their babies can help a woman decide.

There are good and bad things to be said for both breast feeding and bottle feeding. Breast feeding is cheaper. There are bottles and formula to buy when a baby is bottle fed. It is sometimes harder for a mother who works outside the home to breast feed. She cannot feed the baby while she is at work. A mother may feel closer to her baby if she breast feeds. A father cannot feed the baby unless a bottle is used.

Whether a baby is breast fed or bottle fed depends on how the parents feel about it. Breast feeding especially depends on how the mother feels about it. She is the one who will have to do it. A mother who adopts a baby has to bottle feed the baby. Natural mothers have to make a choice.

WHAT IS IT LIKE TO BE A NEW PARENT?

---

*It's a little confusing or frustrating.
*It's a little scary.
*It's exciting!

Being a new parent is a little confusing. There is so much to know. There is so much you have to do. Babies are loveable. It takes time to love and get to know a baby. Being a parent is exciting, but it can make a parent tired and grumpy. Parents need time for themselves, but their baby needs someone there all the time. Parents may feel tied down.

It's also a little scary. Sometimes the baby will cry and the parent doesn't know what to do. The baby will change so fast that the parent can hardly keep up. All babies are different so what other parents have tried might not work for this baby.

It's exciting! A baby's smile will melt a parent's heart. A parent learns to laugh all over again when a baby laughs at life. When a baby learns to do new things, a parent is as excited as the baby.

****

ACTIVITY

If you were going to become a new parent what do you think would be the:

most exciting? An example might be having a baby to show off to friends and relatives.

_____

_____

most scary? An example might be not knowing what to do if the baby cries.

_____

_____

most confusing? An example might be knowing if the baby is getting enough to eat.

_____

_____

****

KEY IDEAS

MANY PLANS ABOUT CHILDBIRTH CLASSES AND THE HOSPITAL NEED TO BE MADE BEFORE THE BABY IS BORN.

A BABY NEEDS CLOTHING, DIAPERS AND A PLACE TO SLEEP.

THE DECISION TO BOTTLE FEED OR BREAST FEED HAS TO BE MADE.

BEING A NEW PARENT IS EXCITING, SCARY AND FRUSTRATING.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. Childbirth classes teach how to fill out a birth certificate.
T F 2. A baby needs clothing, diapers and a place to sleep.
T F 3. Breast feeding is right for all babies.
T F 4. A feeling new parents often have is calmness.
T F 5. Childbirth classes teach feelings a pregnant woman may have.
T F 6. A baby needs clothing, diapers and knitted booties.
T F 7. Breast feeding is one way to feed a baby.
T F 8. A feeling new parents often have is excitement.

****

Lesson 6

HOW IS A BABY BORN?

This lesson will help you to:

1. Describe the process of childbirth.

DO YOU KNOW THESE WORDS?

---

bloody show - a small amount of mucus or blood from the vagina

caesarean - operation done to give birth to a baby by removing it through a cut in the woman's abdomen

cervix - the opening of the uterus that a baby must pass through

contraction - when a muscle tightens up and then relaxes

labor - the process of childbirth

placenta - lining of the uterus that feeds and protects the fetus before it is born

umbilical cord - the cord that attaches the fetus to the woman's body

uterus - place in a woman's body where the fetus grows

****

ACTIVITY

Use each of the words above in a sentence. Write your sentences on the lines below.

bloody show _____

_____

caesarean _____

_____

cervix _____

_____

contraction _____

_____

labor _____

_____

placenta _____

_____

umbilical cord _____

_____

uterus _____

_____

****

WHAT IS LABOR?

When a woman has a baby, she goes through labor. Labor means hard work. Having a baby is hard work. The uterus has to push the baby through the cervix and vagina. You might compare it to putting on a turtleneck sweater. The opening at the neck of the sweater is smaller than your head. When you put the sweater on, your head pushes through and widens the opening. When your head pops out, the turtleneck goes back to its original shape. The cervix and vagina are like a turtleneck sweater. After the baby is born, the cervix and vagina go back to their original shapes.

There are three signs that show that labor is about to begin. They are:

---

*bloody show
*breaking of the bag of waters
*contractions

Bloody show is when a small amount of blood is released from the vagina. The bloody show or red spotting is the plug that has sealed up the cervix. When the cervix begins to open, the plug is released.

Breaking of the bag of waters happens when the bag of water around the fetus breaks. The liquid may come out of the vagina fast or slowly. The bag breaks when the head, finger or other part of the fetus' body breaks through.

A muscle contraction is when a muscle tightens up and then releases. Try this. Make a fist. Open your hand. The muscles in your hand were contracting and relaxing. The uterus is a muscle. During labor, the uterus contracts and relaxes. This means that the uterus is getting ready to push the baby out. At first the contractions are mild. They get stronger and last longer as the birth of the baby gets nearer.

A woman should call the doctor or hospital when she has signs that labor is about to begin. These signs are bloody show, breaking of the bag of waters or contractions. She should plan on going to the hospital.

****

ACTIVITY

Vickie is into her ninth month of pregnancy. What signs might tell her labor is about to start? Check the correct signs.

_____ She feels contractions.
_____ She feels hungry.
_____ She notices red spotting.
_____ She feels a gush of water out of her vagina.
_____ She gets a burst of energy.

****

WHAT ARE THE STAGES OF LABOR?

There are three stages of labor.

Stage 1 - contractions widen the cervix.
Stage 2 - the baby is born.
Stage 3 - the placenta is forced out.

Stage 1

The first stage of labor is the longest. It may last one hour or it may last 10 or more hours. The doctor will tell the woman when to come to the hospital. A woman's first baby usually takes the longest to be born. The cervix has to stretch from a tiny opening the size of a pencil to one about the size of a grapefruit. A baby's head is about the size of a grapefruit. The uterus contracts and pushes the baby against the cervix. As the baby pushes, the cervix slowly becomes larger. Labor takes a lot of energy. The woman can save energy by relaxing during contractions. She learns this in childbirth classes. The first stage of labor is over when the baby's head passes through the cervix.

Stage 2

The second stage of labor includes the actual birth. This stage lasts from a few minutes to an hour and a half. The contractions are stronger and closer together. Usually a baby's head comes out first. After the head is out, the rest of the body slips out quickly. The doctor and nurses help the woman give birth. The woman will have to work very hard to push the baby out. After the baby is born the umbilical cord is cut. This will become the baby's belly button. When the cord is cut the baby is living on its own.

Stage 3

In the third stage the woman pushes the placenta out. The placenta lined the uterus and fed and protected the baby for nine months. This stage

doesn't last very long. The birth process is now complete.

Not all women are able to have babies this way. Sometimes the doctor will perform a caesarean. This is also called a c-section. The doctor makes a cut in the woman's abdomen and removes the baby. The cut is stitched together and heals in a few weeks. The woman will be able to have other babies.

****

ACTIVITY

Match the stage of the birth process with the event that occurs during that stage.

_____1. Stage 1	A. The placenta is forced out.
_____2. Stage 2	B. The cervix widens.
_____3. Stage 3	C. The baby is born.

****

KEY IDEAS

THE THREE SIGNS THAT MEAN LABOR IS ABOUT TO BEGIN ARE BLOODY SHOW OR SPOTTING, BREAKING OF THE BAG OF WATERS AND CONTRACTIONS.

THE THREE STAGES OF LABOR ARE WIDENING OF THE CERVIX, BIRTH OF THE BABY AND FORCING OUT OF THE PLACENTA.

****

REVIEW ACTIVITY

Read each sentence. Circle T if the sentence is true. Circle F if it is false.

T F 1. A sign that means labor is about to start is the baby moving.
T F 2. During the first stage of labor, the cervix widens from the size of a pencil to the size of a grape.
T F 3. The baby is born during the second stage of labor.
T F 4. During the last stage of labor, the placenta is forced out.
T F 5. A sign that means labor is about to start is the bag of water breaking.
T F 6. During the first stage of labor, the cervix widens from the size of a pencil to the size of a grapefruit.
T F 7. The baby is born during the third stage of labor.
T F 8. During the last stage of labor, the cervix goes back to normal.

****

SEE YOUR TEACHER FOR THE UNIT TEST.

Parent Education Workbook for Mainstreamed Students

The fourth module in the Contemporary Parenting Choices Series from the Iowa State University Press, *Parent Education Workbook for Mainstreamed Students*, is designed to present parenthood education information to mentally and/or learning disabled students in high school home economics classes.

It contains 12 units, each in a work/text format that offers lessons and lesson objectives, vocabulary, appropriate reading materials, suggested evaluation items for use with each, and an annotated bibliography of supplementary materials.

They provide instruction in 12 major topic areas: self-awareness, relationships, sexuality, living situations, marriage, the decision to parent, pregnancy, growth and development of children, parenting skills, adolescence, the work world, and child care job skills.

A teachers manual explains the development of each of these major topic areas, details characteristics of mentally and learning disabled students, and provides methods and strategies for working with these students.

Parent Education Workbook for Mainstreamed Students was developed by members of the Iowa State University Department of Home Economics Education under the direction of Jerelyn Schultz and the auspices of the Iowa Department of Public Instruction.

THE DECISION TO PARENT: A TEACHING GUIDE, the first in a series of modules devoted to contemporary parenting, is directed toward teachers and counselors of teenagers to make them aware of the parenting choices available to them and to prevent unwanted pregnancies.

After completing the study outlined in this first module the student should be able to appraise the variety of responsibilities involved in being a parent and utilize the decision-making process in determining if and when to become a parent.

It implements Public Law #94-492 (1976) that requires the teaching of family living, parenting skills, and child development and guidance in vocational home economics programs.

It is edited by Jerelyn Schultz, assisted by Penny Ralston, Barbara Rougvie, and Margaret Jan Kelly, all of the Iowa State University Department of Home Economics Education. (1980. ISBN 0-8138-1595-9. Paper, comb binding.)

SEXUALITY AND THE ADOLESCENT: A TEACHING GUIDE, the second in the series, is designed for use by teachers, counselors, and others who work with adolescents in the area of sexuality education.

It focuses on the effect of adolescent growth and development on teenagers' self-concepts, the influence of interpersonal relationships within and outside the home on sexual attitudes and behavior during adolescence, and the stages of pregnancy and the decisions to be considered in each.

A broad, sensitive approach to sexuality education, this module addresses feelings, values, experiences, relationships, and how the individual views himself or herself as male or female. Additional topics include the traditional sexuality education concepts such as human physiology and birth control.

Editor Jerelyn Schultz was assisted by Penny Ralston, Barbara Rougvie, Margaret Torrie, and Jillian Boyd, all of the Iowa State University Department of Home Economics Education. (1981. ISBN 0-8138-1616-5. Paper, comb binding.)

PARENTING TODAY: A TEACHING GUIDE, the third module in a series on contemporary parenting, is designed to help teachers assist adolescent youth to become more knowledgeable about what is involved in parenting children.

Six major areas where skills are identified and emphasized are: (1) fostering children's maturation through knowledge of child growth and development; (2) providing an environment that encourages growth and development; (3) maintaining effective parent-child communication; (4) guiding the behavior of developing children; (5) showing parental love and affection to children; and (6) managing available human and material resources.

Parenting Today: A Teaching Guide was developed under the direction of Jerelyn Schultz, assisted by Margaret Torrie, Barbara Rougvie, Jillian Boyd, and Maxine Hammonds of the Iowa State University Department of Home Economics Education, with the cooperation of the Iowa State Department of Public Instruction. (1984. ISBN 0-8138-0358-6. Paper, comb binding.)

THE IOWA STATE UNIVERSITY PRESS / AMES, IOWA 50010 ISBN 0-8138-2506-7